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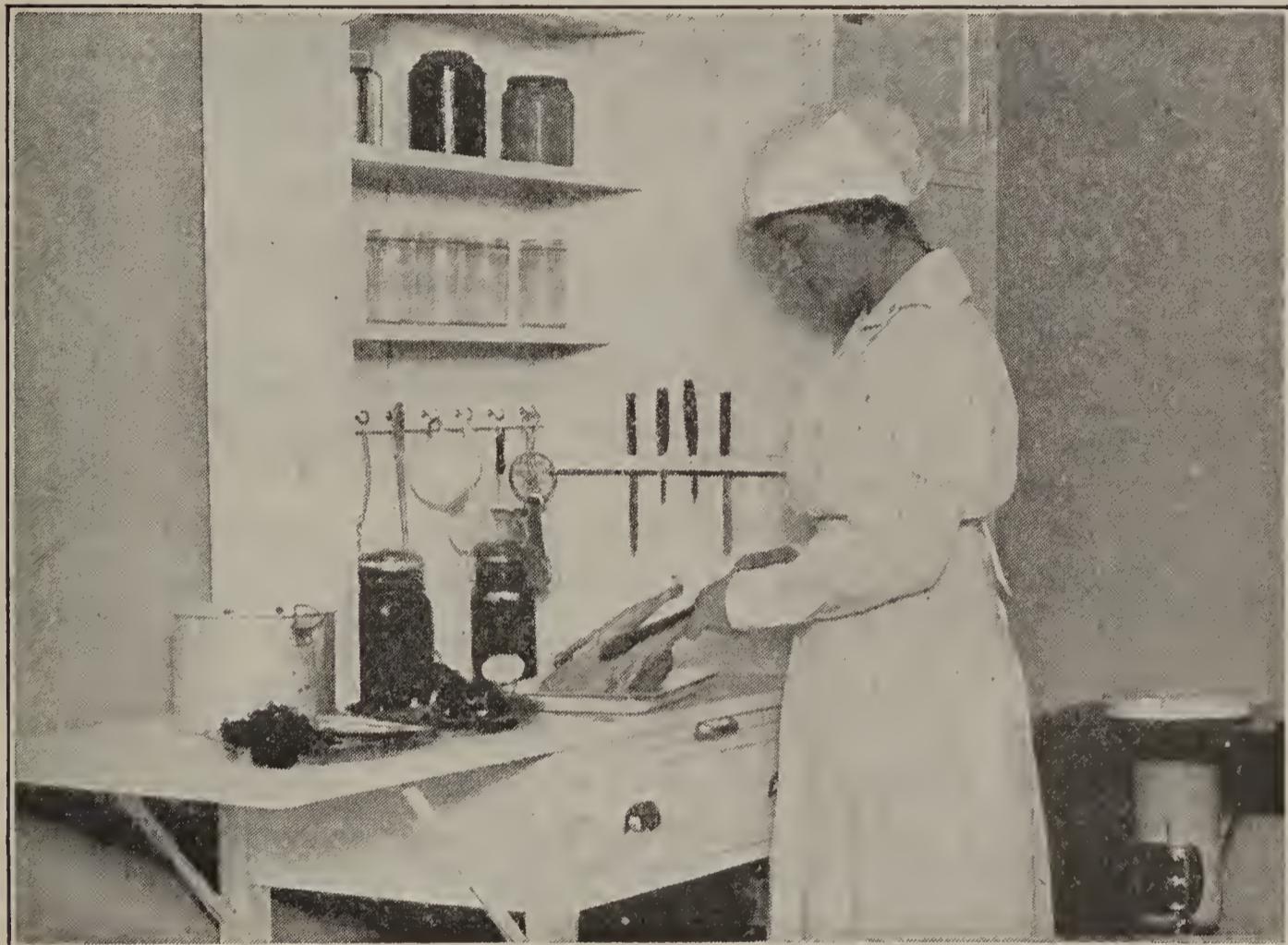
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LIFE
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U. S. DEPT. OF AGRICULTURE

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

United States Department of Agriculture and State
Agricultural Colleges Cooperating

Use of Poultry Club Products



Office of Extension Work South
States Relations Service

IN urging girls and women to take up poultry club work one of the purposes in view has been the supplying of additional food for the home table. The surplus birds in a flock, which are culled out from time to time, will take the place of other meat. Eggs, when properly cooked and attractively served, lend themselves to an almost unlimited number of dishes, which will not only give variety to the meals, but also help to save meat.

Especial attention is directed in this circular to the proper method of cooking eggs in order that they may be at their best. A low temperature, that is considerably below the boiling point of water, is required if eggs are to be firm without being tough.

The method of preparing a fowl for cooking is given in detail, so that even a beginner may know how to proceed. Combinations of chicken with the products of the home garden are also suggested, in order that there may be as complete utilization as possible of home-grown products.

The poultry club member who, during the season of abundant supply, wishes to store for winter use her surplus of infertile eggs, will find in this circular the water-glass method for preserving eggs given in detail.

USE OF POULTRY CLUB PRODUCTS.

Since many women in the home-demonstration clubs and girls in the poultry clubs are working with poultry, there is a demand for information on the use of poultry products to be used in demonstrations. The following material is prepared to meet this demand. It is important that the agents in their public demonstrations stress the use of only a few of the recipes at one time. Note especially the different uses of tomato sauce, which is one of the concentrated mixtures that we are stressing in the canning work.

Throughout the instructions we would stress the fact that eggs should be cooked at a low temperature if the greatest enjoyment and value of food are to be obtained from eating them. Cooking eggs at a low temperature will keep them from becoming tough, and hence less digestible. All measurements are level and should be carefully made.

NOTE.—If corn starch or potato flour is substituted in the recipes for the flour one-quarter less than the amount called for will be sufficient.

Corn sirup may be used in place of the sugar called for in these recipes.

SIMPLE WAYS OF COOKING EGGS.

Soft cooked eggs.—Heat the water in the sauce pan to the boiling point. Remove from fire and place eggs in the water with a spoon. Cover the pan and allow to stand 6 to 8 minutes, keeping the water at the same temperature. The water should be deep enough to entirely envelop the eggs. Remove the eggs and serve immediately.

Allow them to stand 15 to 20 minutes if *medium hard cooked eggs* are desired.

Hard cooked eggs.—Place eggs in a sauce pan of cold water and allow to slowly come to the boiling point. As soon as it begins to boil remove from fire and cover the pan. Let stand for 30 minutes, keeping the temperature even. Chill in cold water; remove shell and serve.

Poached eggs on toast.—Break each egg into a saucer. Combine an equal quantity of milk with water and let this reach the boiling point. Carefully slip the egg into the boiling liquid, cover, and remove from fire. Cook until the white is firm, and baste the yolk to form a film over it. Take up carefully with a skimmer and serve on slices of toast. Season to taste.

Steamed eggs.—Butter slightly the bottom of custard cup and slip an egg into it. Place the cup in a pan of gently boiling water (water should come half way up side of cup); cover and steam until white of the egg is done. Steamed eggs may be served on crisp toast if desired.

Poached eggs and tomato sauce.—Allowing $\frac{1}{2}$ tablespoon of salt to 1 quart of water, have a shallow pan two-thirds full of boiling water. Break each egg separately into a saucer and slip them into the water. Cook as for poached eggs and serve with the following sauce:

2 cups canned tomatoes and	2 tablespoons butter.
1 slice onion, or	2 tablespoons flour.
1 cup tomato sauce.	$\frac{1}{2}$ teaspoon pepper.
$\frac{1}{4}$ teaspoon salt.	

Cook tomato and onion 20 minutes, then rub through a strainer. Melt the butter, add dry ingredients and strained tomatoes. Tomatoes will retain their red color if the flour is browned before using. Pour this sauce over the eggs and serve.

BAKED EGG DISHES.

Shirred eggs.—Cover the bottom and sides of a small baking dish, preferably an earthen one, with fine bread or cracker crumbs. Break each egg into a saucer and carefully slip it into the dish. Cover with seasoned buttered crumbs and bake in a moderately hot oven until the whites are firm and crumbs are a golden brown.

Egg in nest.—Carefully separate the white from the yolk of an egg. Beat the white until stiff and pile lightly on a nicely trimmed slice of toast. With a spoon make a depression in the top of the white and slip the egg yolk into it. Place on a baking dish in a moderate oven and when the white has become a golden brown remove and serve. It may be seasoned to taste.

Eggs baked in tomato.—Cut a slice from the stem end of a small tomato and scoop out part of the pulp. Refill this with an egg, sprinkle with salt and pepper, and add a few small bits of butter. Cover the opening with buttered crumbs and bake in a moderate oven until crumbs are a golden brown.

EGGS COMBINED WITH SAUCES.

Cottage cheese makes an attractive addition to the recipes for eggs, and for each egg with sauces allow one heaping tablespoon of cottage cheese which has first been neutralized with a scant one-eighth teaspoon of soda. See Office of the Secretary, Circular No. 109, Cottage-cheese Dishes, for full directions on cottage-cheese dishes.

Eggs goldenrod.—

1 cup milk.	4 hard cooked eggs.
2 tablespoons butter.	1 teaspoon chopped parsley.
$\frac{1}{4}$ teaspoon white pepper.	$\frac{1}{2}$ teaspoon salt.
1 $\frac{1}{2}$ tablespoons flour.	6 slices toast.

Melt the butter, add the dry ingredients, and stir until smooth. Add the heated milk slowly, stirring constantly, and allow to come to the boiling point. Separate the yolks from the whites of the hard cooked eggs. Chop the whites fine and add them to the white sauce. Cut the slices of toast in half and after arranging on the platter, pour the sauce over them. Put the yolks through a potato ricer or press them through a strainer, sprinkling them over the sauce. Garnish with parsley and serve.

Delicate eggs.—

1 $\frac{1}{2}$ tablespoons butter.	$\frac{2}{3}$ cup milk.
$\frac{1}{8}$ teaspoon pepper.	6 eggs.
$\frac{1}{2}$ teaspoon salt.	

Break eggs into a bowl and beat only enough to break the yolks. Add the seasoning and milk. Pour mixture into the upper part of a double boiler in which the butter has been melted. Continually stir and scrape from the bottom of the pan, allowing to cook until of a creamy consistency.



FIG. 1.—Dutch eggs.

Dutch eggs.—

6 hard cooked eggs.	1 cup white sauce.
$\frac{1}{2}$ cup grated cheese, or cottage cheese.	1 sweet red pepper cut into strips.

Cut the eggs into quarters and place about one-quarter of the amount in a buttered baking dish. Cover this layer with sauce, and sprinkle over it a layer of the cheese; then a few pieces of the pepper. Repeat until the dish is full. Sprinkle bread crumbs on top, dot with butter, and brown in a hot oven.

Escalloped eggs.—

2 tablespoons butter.	$\frac{1}{2}$ teaspoon salt.
2 cups bread crumbs.	2 tablespoons flour.
6 hard cooked eggs.	3 tablespoons grated cheese.
2 cups cooked macaroni or rice.	$\frac{1}{8}$ teaspoon pepper.
1 cup milk.	1 cup tomato sauce.

Make a sauce of the flour, butter, salt and pepper, and remove from the fire to add grated cheese. Stir until melted. Combine carefully the cooked macaroni or rice, sliced egg and salt. After covering bottom of baking dish with buttered crumbs add the mixture. Then add rest of crumbs, brown in hot oven, and serve with tomato sauce.

Stuffed eggs.—

$\frac{1}{4}$ teaspoon salt.	1 teaspoon vinegar.
$\frac{1}{4}$ teaspoon mustard.	6 hard cooked eggs.
$\frac{1}{8}$ teaspoon pepper.	1 teaspoon olive oil or butter.
$\frac{1}{2}$ teaspoon paprika.	

Cut the eggs in half, lengthwise. Remove yolks and place them in a bowl. Mash thoroughly and add the seasoning, vinegar, and oil. Add enough butter to make mixture of right consistency to shape. Make into balls the size of the original yolks and refill whites. Arrange on a serving dish, and if desired to serve hot, pour around them one cup of white sauce. Cover and reheat.

Creamed eggs.—

1 cup milk.	2 tablespoons butter.
4 hard cooked eggs.	2 tablespoons flour.
½ teaspoon salt.	½ teaspoon pepper.

Separate whites from the yolks of the hard cooked eggs. Make a white sauce and add to this the yolks which have been pressed through a strainer. The whites may be cut into small pieces and also added to the sauce. Creamed eggs are particularly nice when served on toast.

OMELETS.**Plain omelet.—**

½ teaspoon salt.	3 tablespoons hot water.
2 teaspoons butter.	½ teaspoon white pepper.
3 eggs.	

Beat the yolks of the eggs until light and creamy. Add salt, pepper, and hot water. Beat whites until stiff and fold them into the yolks. Heat a small frying pan and put in enough butter to cover the bottom of the pan, turn in the omelet and spread it evenly. When the omelet is set, carefully fold and turn out onto a hot platter. Serve immediately.

French omelet.—

4 tablespoons hot water.	½ tablespoon salt.
2 tablespoons butter.	¼ teaspoon pepper.
4 eggs.	

Beat the eggs slightly, just enough to mix yolks and whites, then add the hot water and seasoning. Put the butter in a small, hot frying pan and when melted turn mixture into the pan. While this is cooking, mix slightly with a fork until the whole is of a creamy consistency. Place on a hotter part of the fire and allow to brown quickly underneath. Bring all together at one side of the pan and carefully slip it out on a hot platter. Garnish and serve while hot.

Spanish omelet.— Mix and cook a French omelet. Serve with tomato sauce in the center and around the omelet.

Tomato sauce.—

2 tablespoons butter.	½ tablespoon capers.
1½ tablespoons onion.	3 tablespoons mushrooms.
1 cup tomatoes.	½ teaspoon salt.
Cayenne.	

Brown onion (chopped fine) in the butter. Cook the tomatoes with the onion for 15 minutes. Add the capers, mushrooms, and seasoning. If desired substitute 3 tablespoons peas and 2 tablespoons chopped red peppers for the capers and mushrooms.

Egg souffle.—

2 tablespoons butter.	½ cup cream.
1½ tablespoons flour.	1 teaspoon salt.
1½ cups milk.	Cayenne.
5 eggs.	

Cream the butter, add the flour and gradually the scalded milk and cream. Cook in double boiler 5 minutes and add yolks of eggs which have been beaten until lemon colored. Add seasoning and fold in stiffly beaten whites. Turn into a buttered dish, set in a pan of hot water and bake in slow oven until firm.

CUSTARDS.

Soft custard.—

1 cup milk.	2 tablespoons sugar.
Vanilla.	$\frac{1}{8}$ teaspoon salt.
2 eggs.	

Heat the milk in a double boiler. Mix the eggs in a bowl with the sugar and salt. Add hot milk slowly, stirring, and return mixture to the double boiler. Cook until custard will coat a silver spoon. Strain and serve. If the custard curdles, set the pan into cold water and beat the custard until smooth.

Steamed or baked custard.—

1 pint milk.	$\frac{1}{4}$ cup sugar.
2 eggs.	$\frac{1}{8}$ teaspoon salt.
$\frac{1}{8}$ teaspoon nutmeg or cinnamon.	

Mix eggs as for soft custard. Strain into custard cups and steam until firm over hot water which is boiling gently. To bake, strain the custard into cups and place in a pan of warm water. Bake in a moderate oven until the custard is firm. To test a steamed or baked custard, slip a knife blade to the bottom of the cup in the center of the custard and draw out without turning. If the knife is not coated the custard has cooked enough. Grate the nutmeg over the surface and cool before serving.

Floating island.—

2 $\frac{1}{2}$ cups milk.	5 eggs (yolks).
$\frac{1}{8}$ teaspoon salt.	$\frac{1}{2}$ teaspoon vanilla.
$\frac{1}{2}$ cup sugar.	

Prepare as a soft custard. The whites should be beaten light and 2 tablespoons of powdered sugar [or 4 tablespoons corn sirup] added for the meringue. When the custard is cool it may be poured into sauce dishes and the meringue dropped in large spoonfuls into it.

Custard pudding.—

$\frac{1}{2}$ cup pearl tapioca or rice.	2 cups milk.
2 eggs (yolks).	2 eggs (whites).
$\frac{1}{2}$ teaspoon vanilla.	$\frac{1}{8}$ teaspoon salt.
$\frac{1}{2}$ cup sugar.	

Soak the tapioca in enough hot water to cover it, until it absorbs the water. Add the milk and cook in a double boiler until the tapioca is soft and transparent. Combine the yolks of eggs with sugar and salt and add to the mixture in the double boiler. Cook ten minutes. Add stiffly beaten whites and flavoring and when cold, serve. Rice must be cooked in boiling water until soft.

Apple whip.—

2 cups apple sauce.	Cream for serving.
4 eggs (whites).	

Cook 6 or 8 medium size apples until soft in just enough water to keep them from burning. Add sirup to sweeten sufficiently and one-eighth teaspoon grated nutmeg. Cool. Press the apple sauce through a strainer and add to it the stiffly beaten whites of eggs. Beat until light and foamy. Pile onto saucers and serve with fresh cream or a custard sauce made of the egg yolks. This sauce may be prepared by the same method as for soft custard, omitting the whites of eggs. Canned fruit such as peaches, figs, cherries or guava may be substituted in the same proportion as the apples.

EGG SALAD AND SANDWICHES.

Stuffed egg salad.—

Crisp lettuce.	Mayonnaise.
6 stuffed eggs.	

Follow recipe for stuffed eggs. Arrange 2 half eggs in nest of crisp fresh lettuce on salad dishes. Add mayonnaise dressing. Garnish with strips of sweet red pepper and serve.

Egg sandwiches.—

6 hard cooked eggs.	Mayonnaise or salad dressing.
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Remove the yolks and mash them thoroughly. Add mustard, salt, and pepper to taste and combine with enough mayonnaise to make of proper consistency to spread. Slice the whites very thin. Have bread cut thin and spread one slice with yolk mixture; add a few slices of the whites and place on other slice of bread which has been thinly buttered. Sandwiches may be kept fresh by folding in a damp napkin over which has been placed a dry napkin. Wrapping in paraffin paper is also an effective method.

Metropolitan sandwiches.—

$\frac{1}{2}$ pound cheese.	3 tablespoons cider vinegar.
3 tablespoons melted butter.	$\frac{1}{4}$ teaspoon pepper.
1 teaspoon prepared mustard.	$\frac{1}{2}$ teaspoon salt.
3 hard cooked eggs.	

Mash yolks, add butter, salt, pepper and mustard, and mix until smooth. Grate cheese or put through a food chopper; chop whites of eggs. Mix all thoroughly, stir in vinegar, and spread between three or four thin slices of buttered bread; press together, and cut in long, narrow strips.

EGG SAUCES AND DRESSINGS.

Hollandaise sauce.—

$\frac{1}{2}$ cup butter.	1 cup boiling water.
2 eggs (yolks).	$\frac{1}{2}$ teaspoon salt.
$1\frac{1}{2}$ tablespoons lemon juice.	$\frac{1}{16}$ teaspoon cayenne.

Cream the butter, add the yolks one at a time and beat well; then add the lemon juice, salt and pepper. A short time before serving add boiling water. Cook over boiling water and stir until the mixture is of the consistency of custard, then serve immediately.

This is a delicious dressing to serve with cauliflower, asparagus tips, or with fish.

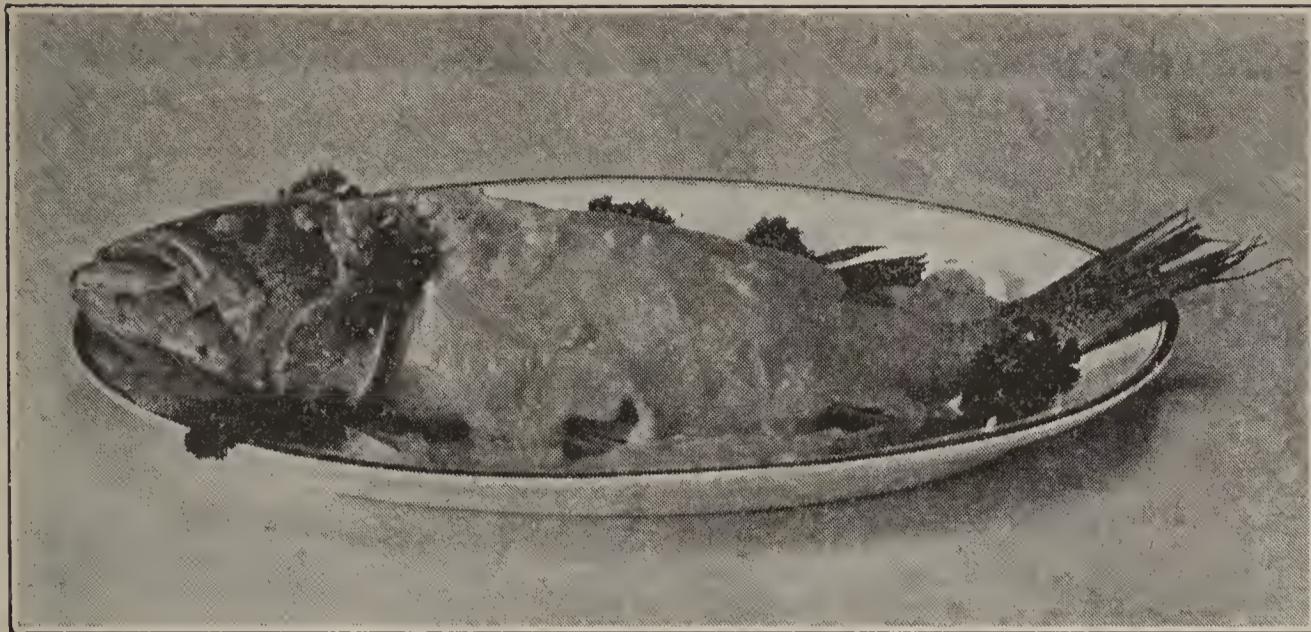


FIG. 2.—Egg sauce for fish.

Egg sauce for fish.—

$\frac{1}{2}$ cup butter.	$1\frac{1}{2}$ cups boiling water.
2 tablespoons flour.	$\frac{1}{3}$ teaspoon salt.
3 hard cooked eggs (cut in $\frac{1}{2}$ inch slices).	

Melt the butter, add flour and seasoning and gradually the boiling water. Add sliced eggs and serve.

Mayonnaise dressing.—

$\frac{1}{2}$ teaspoon mustard.	2 tablespoons vinegar or lemon juice.
$\frac{1}{4}$ teaspoon salt.	
2 eggs (yolks).	Cayenne.
1 cup olive or other cooking oil.	

Mix yolks and add mustard, salt, and cayenne. Add the oil a few drops at a time and stir steadily. When half the oil has been used, or when the dressing becomes very thick, alternate with a few drops of vinegar. Continue this process until both are used. If the dressing curdles, start the process over again, beginning with a fresh yolk in a clean bowl, adding a little of the curdled dressing at a time and stirring constantly.

Cooked salad dressing.—

$\frac{1}{4}$ tablespoon mustard.	$\frac{1}{8}$ teaspoon cayenne pepper.
$\frac{1}{4}$ tablespoon salt.	2 eggs.
2 tablespoons flour.	2 tablespoons butter.
1 tablespoon sugar.	$\frac{1}{2}$ cup vinegar.
$\frac{3}{4}$ cup sweet milk.	

Rub together the dry ingredients and add egg yolks, slightly beaten. Add the sugar, melted butter, cold milk, and hot vinegar in the order named, stirring until perfectly smooth. Cook the mixture in a double boiler until thickened. Set the pan into a bowl of cold water and beat well until cool and smooth.

Golden dressing.—

$\frac{1}{4}$ cup lemon juice.	6 tablespoons sugar.
$\frac{1}{4}$ cup light colored fruit juice.	2 eggs (yolks).

Beat the eggs, add the fruit juice, stir gradually into the lemon juice, and add the sugar. Cook in a double boiler and stir until the mixture coats a spoon. Cool quickly by placing pan into cold water, beating the mixture at the same time. This dressing is combined with fruits to be served as salads or desserts. Some attractive combination of canning-club products are:

1. Canned peaches, cherries, and fresh apples, using cherry juice with the lemon in the dressing.

2. Canned figs, fresh oranges, and pecans, using orange juice in the dressing.

3. Guava, pineapple, and grapefruit, using pineapple juice in the dressing.

4. Canned berries or fresh grapes, apples, and pears, using scuppernong juice in the dressing.

Any of these dishes may be made especially attractive by garnishing them with nuts, whole cherries, berries, or marshmallows.

RECIPES FOR USE OF CHICKEN.

Dressing and cleaning.—Remove feathers. Hold the bird over a flame to remove hair and down, constantly changing the position until all parts of the surface have been exposed. Cut off the head and draw out the pin feathers, using a small pointed knife. Cut through the skin around the leg, about $1\frac{1}{2}$ inches below the leg joint, care being taken not to cut the tendons. Snap the bone and take the foot in your right hand, holding the bird firmly in the left, pull off the foot and with it the tendons. In old birds the tendons must be drawn separately, which is best accomplished by the use of a steel skewer. Make an incision through the skin below the breast bone, just large enough for the hand, and remove the entrails, gizzard, heart, and liver. The three last named are called giblets. The gall bladder, lying just under the surface of the liver, is removed with the liver, care being taken not to break it. Inclosed by the ribs and on either side of the back bone are the lungs, which are bright red in color and spongy. These must be entirely removed. Remove also the kidneys, which lie in the hollow near the end of the back bone. The windpipe may easily be removed by putting two fingers under the skin close to the neck. Remove the crop, which will be found adhering to the skin close to the breast. Draw down the neck skin and cut off the neck close to the body, leaving the skin long enough to turn over the back and fasten under the wing. Remove the oil bag and wash the bird, allowing cold water to run through it, but not allowing the bird to soak in the water. Wipe inside and out and examine carefully to see that everything has been removed.

Trussing.—Draw the thighs close to the body and hold by inserting a steel skewer under the middle joint, running it through the body and coming out under the middle joint on the other side. Cut a piece about an inch wide from the neck skin, and with it fasten the legs together at the ends; or cross the drumsticks, tie securely with a long string, and fasten to tail. Place the wings close to the body and hold them by inserting a second skewer through the wing, body, and wing on opposite side. Draw the neck skin over the back and fasten with a smaller wooden skewer under the wing. Turn the bird on its breast, cross the string attached to the tail and draw it around each end of the lower skewer; again cross the string and draw around each end of upper skewer, fasten the string in a knot and cut off the ends.

Chicken broth.—

1 $\frac{1}{2}$ pounds meat and bone.

Salt.

1 quart cold water.

Draw, singe, clean thoroughly, and disjoint the fowl. After removing the meat from the bones grind it and then add the bones. Put all in a sauce pan, add the water, and stand for 15 minutes in a cold place. Cook over moderate heat in a double boiler for 6 or 8 hours, or cook in a fireless cooker. Strain and season. When cold, remove the fat, reheat, and serve.

Stewed chicken.—Dress and cut up medium size chicken. Put into a kettle and cover with water. Add salt and simmer slowly several hours, until the meat is very tender. After lifting out the chicken make a thickening, using 2 tablespoons flour and adding 1 pint of the stock for gravy. Season to taste.

Dumplings may be cooked in the stock and served with gravy.

Chicken prepared in this way may be cooked in a fireless cooker.

Broiled chicken.—Singe and wipe, and with a sharp knife cut through the back bone the entire length of the bird. Lay open the bird and remove the contents. Remove the ribs and breast bone and cut the tendons at the joints. Sprinkle with salt and pepper, place in a well greased broiler and broil for about twenty minutes over a clear fire, turning frequently so that all parts may be equally browned. Remove to a hot platter and spread with soft butter.

BAKED CHICKEN DISHES.

Baked chicken.—Dress, clean, stuff, and truss the chicken. Place on its back in a baking pan. Spread 2 tablespoons of fat on the breast and legs, then place in hot oven and lightly sear, sprinkle with salt and pepper, dredge with flour or corn meal and baste every 10 minutes. Continue basting frequently until chicken is cooked. For basting, use 1 tablespoon of butter melted in two-thirds cup of boiling water, and after this has gone, use the fat in the pan. During the cooking turn the chicken frequently to brown it evenly. If a glazed surface is preferred, do not dredge during the baking, but if a crusted surface is desired, dredge with meal during the baking. When the breast meat is tender the bird is sufficiently cooked. A 4-pound chicken requires about $1\frac{1}{2}$ hours. This method of baking chicken can be used in a fireless cooker provided heated discs or soap stones are used to furnish sufficient heat to brown it.

Escalloped chicken.—Slightly butter an earthen baking dish, put into it a layer of cold cooked chicken which has been sliced or cut in cubes, then a layer of rice. Alternate until the dish is full and pour over it tomato sauce. Cover with buttered bread crumbs and bake in a hot oven until brown.

Chicken souffle.—

$1\frac{1}{2}$ cups scalded milk.	2 eggs (yolks) well beaten.
$\frac{1}{3}$ cup butter.	$\frac{1}{2}$ tablespoon parsley, chopped.
3 tablespoons flour	2 eggs (whites) beaten stiff.
$\frac{1}{2}$ cup soft bread crumbs.	$\frac{1}{8}$ teaspoon pepper.
2 cups cold cooked chicken.	

Make a sauce with butter, flour, salt, pepper and milk. Add the bread crumbs and let stand until thoroughly blended. Add chicken, yolks of eggs and parsley, and fold in the stiffly beaten whites. Turn into a buttered baking dish and bake thirty minutes in a slow oven. Serve immediately.

CHICKEN COMBINED WITH SAUCES.

Creamed chicken on toast.—

2 cups cold cooked chicken.	$\frac{1}{4}$ teaspoon salt.
2 tablespoons butter.	$\frac{1}{8}$ teaspoon celery salt.
2 tablespoons flour.	6 slices toast.
1 cup milk.	

Make a white sauce and heat the chicken in the sauce. Add the celery salt, pour the chicken over the toast, and serve.

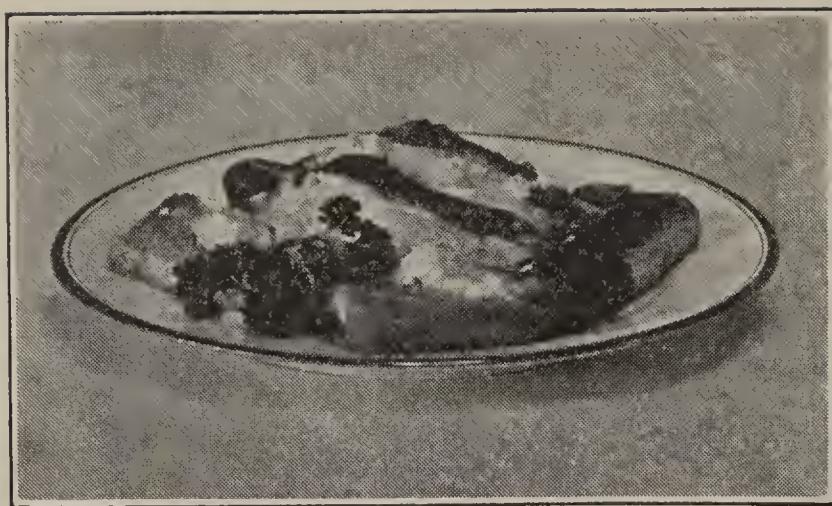


FIG. 3.—Chicken a la king.

Chicken a la king.—

- 1 tablespoon chicken fat.
- 1 tablespoon flour.
- $\frac{1}{3}$ cup canned pimentos.
- 1 cup cold boiled fowl, cut in strips or cubes.
- $\frac{1}{2}$ cup chicken stock.
- $\frac{1}{3}$ cup salted mushrooms.
- 2 eggs (yolks).
- $\frac{1}{2}$ cup cream.
- $\frac{1}{4}$ cup milk.
- 2 tablespoons butter.
- $\frac{1}{2}$ teaspoon salt.

Melt the fat, add flour, and stir until smooth. Add gradually the stock, milk, and cream. When this boils add salt, butter, fowl, mushrooms, and pimentos. Let it come to the boiling point and add egg yolks slightly beaten. Serve on toast.

Chicken salad.—

- 1 cup cold cooked chicken.
- Mayonnaise dressing.
- 1 cup celery.

Cut chicken into half-inch cubes. Cut celery into small pieces and combine with chicken. Add enough mayonnaise dressing to make it possible to mold the salad. Serve on crisp lettuce leaves and garnish with slices of hard cooked eggs.



FIG. 4.—Chicken salad.

CHICKEN COOKED IN THE FIRELESS COOKER.

Stuffed chicken.—Dress medium size chicken and stuff with bread stuffing. Sear it in the oven for 15 minutes. Place in fireless cooker and, when hot soapstones are used, cook 2 hours or until thoroughly tender. Without hot soapstones, cook 3 hours.

Creole chicken.—

1 medium sized chicken.	$\frac{1}{2}$ pound ham or 2 or 3 slices of bacon chopped fine.
6 tomatoes or 1 No. 2 can tomatoes.	1 bay leaf.
3 sweet red peppers cut in small cubes.	1 tablespoon chopped parsley.
3 sweet green peppers cut in small cubes (or 1 No. 2 can peppers).	2 teaspoons salt.
	1 onion (size of egg).
	2 tablespoons butter or bacon drippings.

Place the chicken with 1 cup boiling water in the fireless cooker vessel, cover and simmer for half hour. Brown the chopped onion in the fat. Simmer



FIG. 5.—Creole chicken with rice.

vegetables, and let it boil 5 minutes. Put at once into the fireless cooker. With hot soapstones let the chicken stay in the cooker for 2 hours; without soapstones, for 3 hours.

Bread stuffing.—

1 cup bread crumbs.
 $\frac{1}{2}$ cup butter.
 $\frac{1}{4}$ cup boiling water.

Salt and pepper.
 Thyme.
 Sage.

Add seasoning to the bread crumbs and pour boiling water, to which the butter has been added, over the bread crumbs.

PRESERVING EGGS FOR HOME USE.

By JOSEPH W. KINGHORNE, *Junior Animal Husbandman in Poultry Investigations, Bureau of Animal Industry, U. S. Department of Agriculture.*

Why preserve.—During the spring and early summer, when eggs are abundant and reasonable in price, attention should be given to preserving them for winter use. Fresh eggs properly preserved may be kept for 8 to 12 months in excellent condition and used with good results.

A good method and cost.—A good method for the preservation of eggs is by the use of sodium silicate, or, as it is commonly called, water glass. The present price of sodium silicate is about 30 cents per quart, and at this price eggs may be preserved at a cost of approximately 2 cents per dozen. It is not desirable to use the water-glass solution a second time.



FIG. 6.—Necessary equipment for preserving eggs in water glass.

tomatoes for 15 minutes with the bay leaf, strain, and pour over the onions. Add minced ham and parsley and cook for 15 minutes longer. To this mixture add the chopped peppers and chicken stock and bring to a boil. Place the chicken in the cooker vessel, pour over the mixture of

peppers and chicken stock and bring to a boil. Place the chicken in the cooker vessel, pour over the mixture of

Time to preserve.—Eggs laid in April, May, and early June have been found to keep better than those laid later in the season. It is recommended, therefore, that ordinarily only eggs laid at this season be preserved.

Kind of eggs to preserve.—Very careful attention should be given to the condition of eggs preserved. If satisfactory results are to be obtained, the eggs should be *fresh* and *clean*. Eggs that float when placed in the solution are not fresh and, therefore, can not be preserved. When only slightly soiled, a cloth dampened with vinegar can be used to remove such stains. Under no circumstances should badly soiled eggs be used for preserving; if put into the jar while dirty they will spoil, and washing removes a protective coating which prevents spoiling.

Water-glass method.—Use 1 quart of sodium silicate to 9 quarts of water that has been boiled and cooled. Place the mixture in a 5-gallon crock or jar. This will be sufficient to preserve 15 dozen eggs; and will serve as a guide for the quantity needed to preserve larger amounts of eggs.

First, select a 5-gallon crock and clean it thoroughly, after which it should be scalded and allowed to dry.

Second, heat a quantity of water to the boiling point and allow it to cool.

Third, when cool, measure out 9 quarts of water, place it in the crock, and add 1 quart of sodium silicate, stirring the mixture thoroughly.

Fourth, the eggs should be placed in the solution. Be very careful to allow at least 2 inches of the solution to cover the eggs.

Fifth, place the crock containing the preserved eggs in a cool, dry place, well covered to prevent evaporation. Waxed paper covered over and tied around the top of the crock will answer this purpose.

Lime method.—When water glass can not be obtained, the following method may be used in its stead. Many consider this method entirely satisfactory, though instances are known where eggs so preserved have tasted slightly of lime.

Dissolve 2 to 3 pounds of unslaked lime in 5 gallons of water that has previously been boiled and allowed to cool and allow the mixture to stand until the lime settles and the liquid is clear. Place *clean, fresh* eggs in a clean earthenware jug or keg and pour the clear lime water into the vessel until the eggs are covered. At least 2 inches of the solution should cover the top layer of eggs.

Sometimes a pound of salt is used with the lime, but experience has shown that in general the lime without the salt is more satisfactory.

Using preserved eggs.—Fresh, clean eggs, properly preserved by either of these methods, can be used satisfactorily for all purposes in cooking and for the table. When boiling preserved eggs, a small hole should be made in the shell with a pin at the large end before placing them in the water. This is done to allow the air in the egg to escape when heated so as to prevent cracking.

